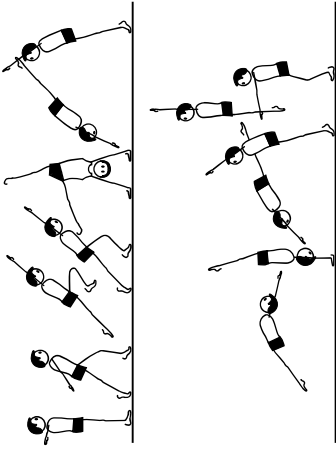
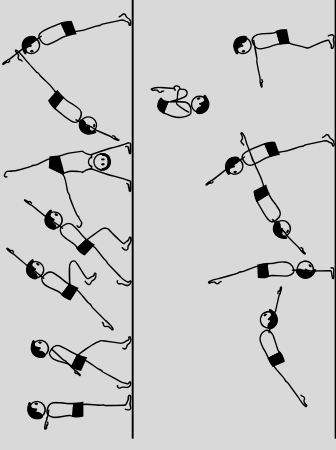
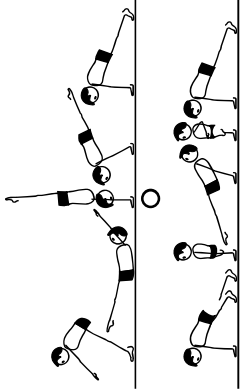
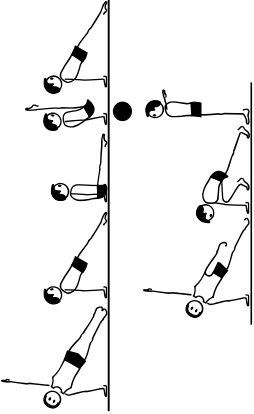


Gymnastics Australia
Men's Australian Levels Program
NATIONAL COMPETITION CURRICULUM
LEVEL 5

FLOOR EXERCISE – LEVEL 5

Two BONUS skills (page 1/2)

This routine should be completed in approx. 45 seconds

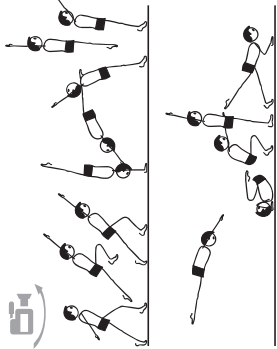
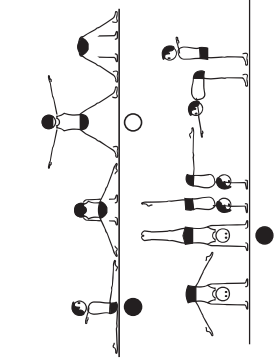
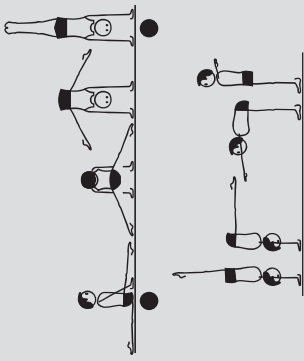
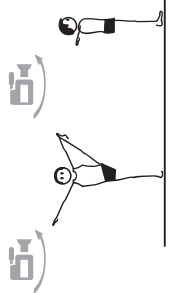
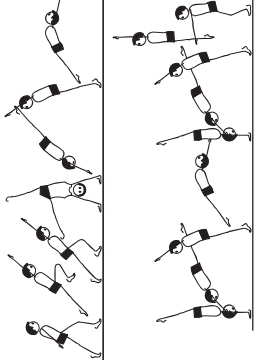
Item	Skill 1	Skill 1 – BONUS	Skill 2	Skill 3
Skill Value	1.0	+ 0.5	2.0	1.0
Required Skill	Round-Off, Back Flip, Straight Jump	Round-Off, Back Flip, Salto Backwards Tucked	Backward Roll to Handstand, Front Support, DLC x1	Rear Support, V-Sit (2 Sec), Rear Support, Stand
				
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. From a short run, hurdle round-off, back handspring, straight jump to stand.	Stand inside the floor area, lift arms to a presentation position and begin the routine. From a short run, hurdle round-off, back handspring, salto backwards tucked to stand.	Backward roll with straight arms through momentary handstand and lower down to front support in a controlled manner. Step to the side and perform 1x double leg circle to front support.	Turn to rear support and lower to seated L-sit. Lift to V-sit (hold 2 seconds) and push outward to rear support. Lift and bend one leg upwards and turn over the remaining straight leg to stand.
Typical Deductions	Hurdle not stretched 0.1-0.3 Round-off off-line 0.1-0.5 Lack of rhythm 0.1-0.3 Bent hips in round-off 0.1-0.5 Jump not dynamic 0.3 Body not stretched in jump 0.1-0.5 Steps/uncontrolled landing 0.1-0.3 (ea) Fall 1.0	Hurdle not stretched 0.1-0.3 Round-off off-line 0.1-0.5 Lack of rhythm 0.1-0.3 Bent hips in round-off 0.1-0.5 Lack of height in salto 0.1-0.3 Poor tuck position in salto 0.1-0.5 Steps/uncontrolled landing 0.1-0.3 Fall 1.0	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Momentary handstand not shown 0.3 Backward roll < vertical (1°-15°/16°-30°/> 30°) 0.1-0.5 Lack of control in lower 0.1-0.3 Lack of extension in DLC 0.1-0.3	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Legs < vertical in V-sit (1°-15°/16°-30°/> 30°) 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5

Momentary requires the gymnast to stop in the described position but not hold the position

*'Out of Floor Area' deductions for routines performed in a straight line do not apply at this level

FLOOR EXERCISE – LEVEL 5

Level 5 cont. (page 2/2)

Item	Skill 4	Skill 5	Skill 5 – BONUS	Skill 6	Skill 7
Skill Value	1.5	1.5	+ 0.5	1.0	2.0
Required Skill	Handspring, Jump, Dive Roll, Prone	Splits (2 Sec), Straddle Stand, Swiss Press (2 Sec)	Splits (2 Sec), Press to Handstand (2 Sec)	Y-Scale (2 Sec)	Round-Off, Back Flip x2, Straight Jump
					
Technical Description	From a short run, handspring rebound straight jump and immediate punch dive roll to stand and fall to prone with one leg raised.	Swing raised leg around to front splits (hold 2 seconds). Press with straight arms to momentary straddle stand. Swiss press to handstand (hold 2 seconds) and 45° turn with pike down to stand to face opposite corner.	Swing raised leg around to front splits (hold 2 seconds). Press with straight arms to handstand (hold 2 seconds) and 45° with pike down to stand to face opposite corner.	Lift to Y-scale (hold 2 seconds).	From a short run, hurdle round-off, back handspring x2, straight jump to stand.
Typical Deductions	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Poor body shape 0.1-0.5 No rebound 0.3 Dive roll not stretched 0.1-0.5 Lack of height in dive roll 0.1-0.5 Lack of rhythm 0.1-0.3 Raised leg < vertical (1°-15°/16°-30°/> 30°) 0.1-0.5	Lack of flexibility 0.1-0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5 Momentary straddle stand not shown 0.3 Lack of rhythm in press 0.1-0.3 Jump action in press 0.5 Poor handstand shape 0.1-0.5	Lack of flexibility 0.1-0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5 Lack of rhythm in press 0.1-0.3 Poor handstand shape 0.1-0.5 Feet not pointed 0.1	Raised leg < shoulder height 0.1-0.5 Bent knees 0.1-0.5 Feet not pointed 0.1 Hold < 2 seconds 0.3 No hold 0.5 Lack of rhythm 0.1-0.3	Hurdle not stretched 0.1-0.3 Round-off off-line 0.1-0.5 Lack of rhythm 0.1-0.3 Bent hips in round-off 0.1-0.5 Jump not dynamic 0.3 Steps/uncontrolled landing 0.1-0.3 Fall 1.0

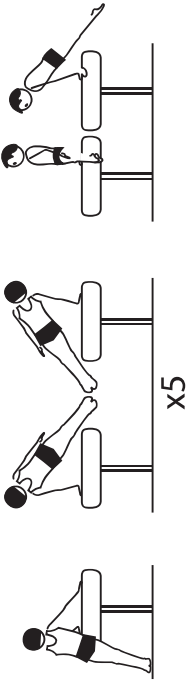
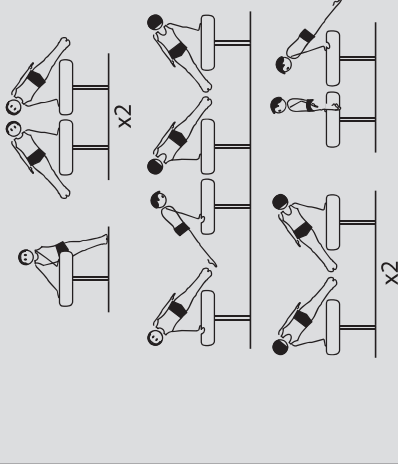
Momentary requires the gymnast to stop in the described position but not hold the position

*'Out of Floor Area' deductions for routines performed in a straight line do not apply at this level

POMMEL HORSE – LEVEL 5

Two BONUS skills (page 1/2)

This routine is performed on a Buck

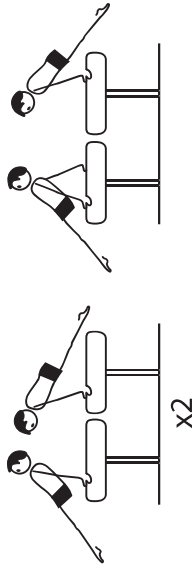
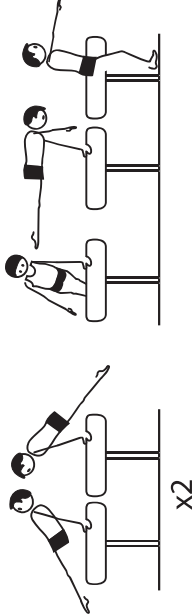
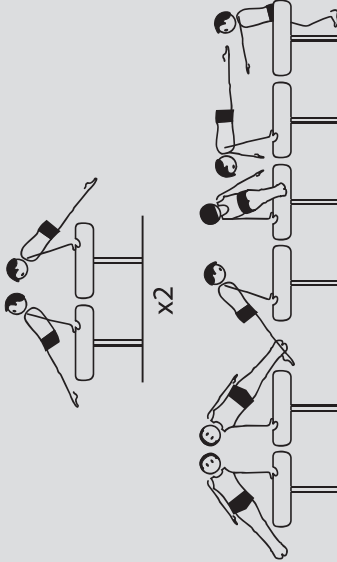
Item	Skill 1	Skill 1 – BONUS	Skill 2
Skill Value	3.5	+ 0.5	2.0
Required Skill	DLC x5*, ¼ Turn	DLC x2*, Czeckehre, DLC x2*, ¼ Turn	Loop x2*, Travel
			
Technical Description	From a standing position jump or swing into side support circle x5 (minimum). ¼ turn backwards to a front support position in cross support on the back end of the buck.	From a standing position jump or swing into side support circle x2 (minimum). Czeckehre to a front support position and side support circle x2 (minimum). ¼ turn backwards to a front support position in cross support on the back end of the buck.	Cross support circle x2 (minimum) and step travel forwards to front support on the front end of the buck. NB: The middle of the buck should be clearly marked
Typical Deductions	Lack of extension (per circle) 0.1 Hip breaks (each time) 0.1-0.3 Bent knees 0.1-0.5 Legs apart 0.1-0.5 Feet not pointed 0.1 Incomplete turn 0.1-0.5 Incorrect hand placement in turn 0.1-0.3 Fall 1.0	Lack of extension (per circle) 0.1 Hip breaks (each time) 0.1-0.3 Bent knees 0.1-0.5 Legs apart 0.1-0.5 Feet not pointed 0.1 Incomplete turn 0.1-0.5 Incorrect hand placement in turn 0.1-0.3	Lack of extension (per circle) 0.1 Hip breaks (each time) 0.1-0.3 Bent knees 0.1-0.5 Legs apart 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) (per circle) 0.1-0.5 Step travel not evident (not passing over the middle of the buck) 0.3-0.5

* No D-Jury deductions for additional circles; E-Jury deductions still apply

**Each missing cross support / side support circle will result in a deduction of 0.6 from the D-Score.

POMMEL HORSE – LEVEL 5

Level 5 cont. (page 2/2)

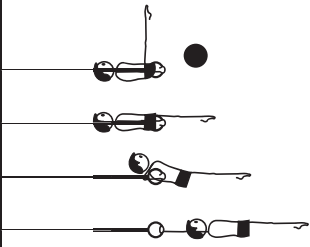
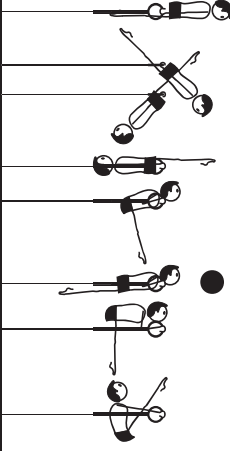
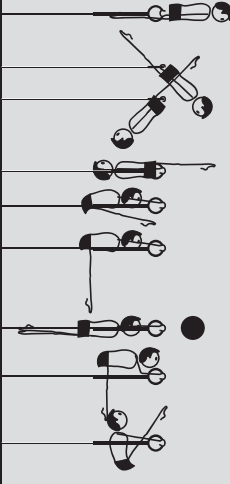
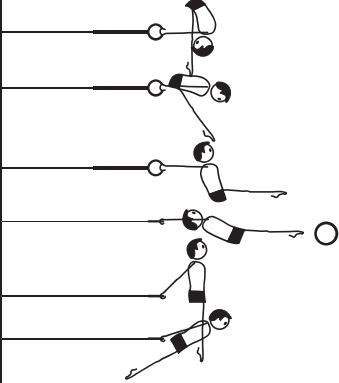
Item	Skill 4	Skill 4 – BONUS	Skill 5
Skill Value	2.0	2.5	+ 0.5
Required Skill	Rear Loop x2*, Travel	Loop x2*, Wende Dismount	Loop x2*, DSA to Wende Dismount
			
Technical Description	Cross support circle facing outwards x2 (minimum). Step travel backwards to a front support position on the back end of the buck.	Cross support circle x2 (minimum) and wende dismount above horizontal to stand.	Cross support circle x2 (minimum) and Direct Stockli A to immediate wende dismount above horizontal to stand.
Typical Deductions	One hand behind middle (per circle) 0.1 Both hands behind midline (per circle) 0.3 Lack of extension (per circle) 0.1 Hip breaks (each time) 0.1-0.3 Bent knees 0.1-0.5 Legs apart 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) (per circle) 0.1-0.5 Step travel not evident 0.1 (not passing over the middle of the buck) 0.3-0.5	Lack of extension (per circle) 0.1 Hip breaks (each time) 0.1-0.3 Bent knees 0.1-0.5 Legs apart 0.1-0.5 Feet not pointed 0.1 Angular deviation (skewing) (per circle) 0.1-0.5 Dismount not above horizontal (feet above the shoulders) 0.3	Lack of extension (per circle) 0.1 Hip breaks (each time) 0.1-0.3 Bent knees 0.1-0.5 Legs apart 0.1-0.5 Feet not pointed 0.1 Incomplete turn 0.1-0.5 Angular deviation (skewing) (per circle) 0.1-0.5 Dismount not above horizontal (feet above the shoulders) 0.3

* No D-Jury deductions for additional circles; E-Jury deductions still apply

**Each missing cross support / side support circle will result in a deduction of 0.6 from the D-Score.

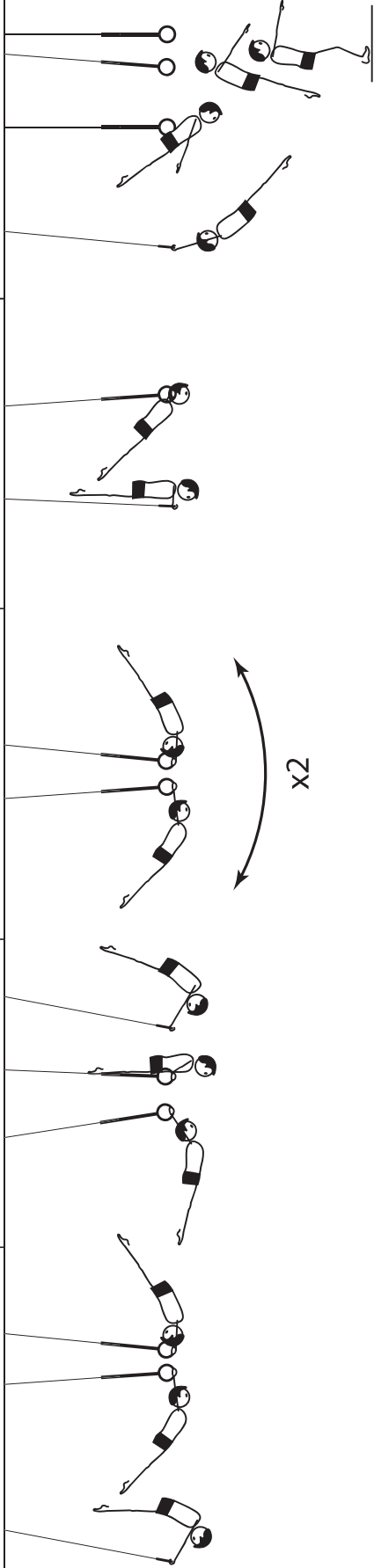
RINGS – LEVEL 5

One BONUS skills (page 1/2)

Item	Skill 1	Skill 2	Skill 2 – BONUS	Skill 3
Skill Value	2.5	2.0	+ 1.0	1.0
Required Skill	Muscle-Up, L-Sit (2 sec)	Press to Bent-Arm Handstand (2 sec)	Press to Handstand (2 sec)	Lower through Back Lever
				
Technical Description	From a still hang with straight arms, muscle-up to support. Lift to L-sit (hold 2 seconds).	Bent-arm/bent-body press to shoulder stand (hold 2 seconds). Push through straight-arm support and roll backwards with control to inverted hang.	Bent-arm/bent-body press to handstand with feet resting on the cables (hold 2 seconds). Lower slowly through support and roll backwards with control to inverted hang.	Lower slowly through straddled hanging scale rearways (no stop required) to momentary dorsal hang. Lift with bent-body to basket.
Typical Deductions	Legs apart in lift 0.3 Bent arms in hang 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 Swing action 0.1-0.5 Bent arms in support 0.1-0.5 Rings not straight 0.1-0.5 Arms touching cables 0.3 Legs not horizontal 0.1-0.5 Bent knees 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	<i>Slight bending of arms allowed in roll backwards</i> Arms touching cables 0.3 Lack of rhythm 0.1-0.3 Body > 15° from vertical (16°-30°/31°-45° / > 45°) 0.1-0.5 Body not straight in shoulder stand 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5 Lack of control 0.1-0.3 Fall from shoulder stand 1.0	<i>Slight bending of arms allowed in roll backwards</i> Arms touching cables 0.3 Bent knees 0.1-0.5 Lack of rhythm 0.1-0.3 Feet around cables 0.5 Body not straight in handstand 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5 Lack of control 0.1-0.3 Fall from shoulder handstand 1.0	Bent knees 0.1-0.5 Body not straight 0.1-0.5 Lack of control 0.1-0.3 Momentary dorsal hang not shown 0.3 Lack of shoulder flexibility 0.1-0.5 Feet not pointed 0.1
Momentary requires the gymnast to stop in the described position but not hold the position				

RINGS – LEVEL 5

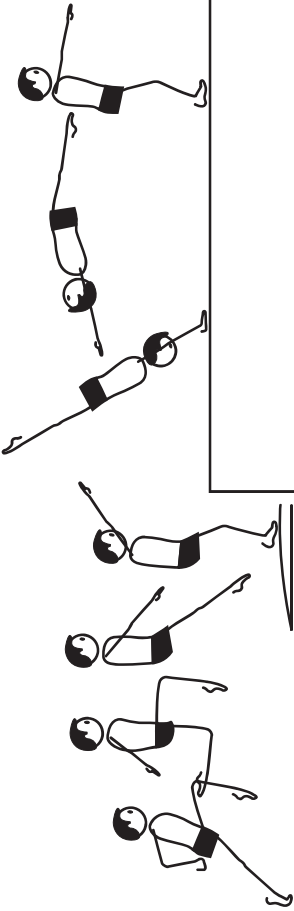
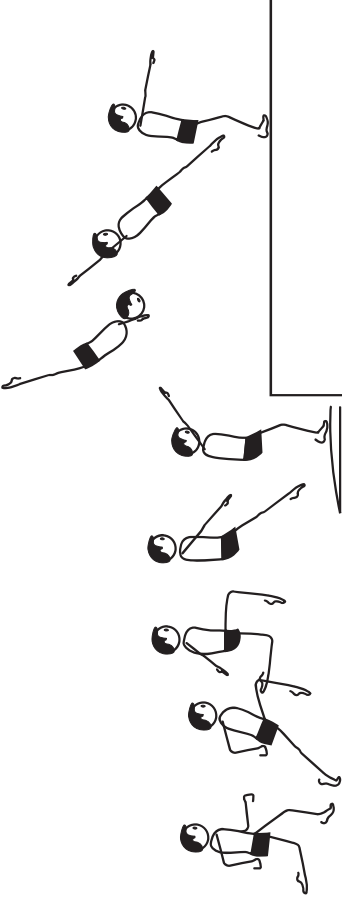
Level 5 cont. (page 2/2)

Item	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8
Skill Value	0.5	1.0	1.0	1.0	1.0
Required Skill	Long Swing x1	Inlocate	Long Swing x2	Dislocate	Salto Backwards Stretched Dismount
					
Technical Description	Immediate cast into swing backwards above ring height and forwards above ring height x1.	Swing backwards and through to stretched inlocate.	Swing backwards above ring height and forwards above ring height x2.	On the 2 nd swing forwards swing through to stretched dislocate.	Swing forwards into salto backwards stretched dismount to stand.
Typical Deductions	Front/Back Swings: Bent hips 0.1-0.5 Hips < ring height 0.1-0.5 (<15°/16°-30° /> 30°) Rings not turned out on backward swing 0.1-0.3	Bent knees 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 No shoulder lift 0.3	Front/Back Swings: Bent hips 0.1-0.5 Hips < ring height 0.1-0.5 (<15°/16°-30° /> 30°) Rings not turned out on backward swing 0.1-0.3	Bent knees 0.1-0.5 Bent hips 0.1-0.5 Lack of rhythm 0.1-0.3 No shoulder lift 0.3	Lack of height (hips < ring height) 0.1-0.3 Poor body position 0.1-0.5 Steps / uncontrolled Landing 0.1-0.3 Fall 1.0

VAULT – LEVEL 5

No BONUS Vault

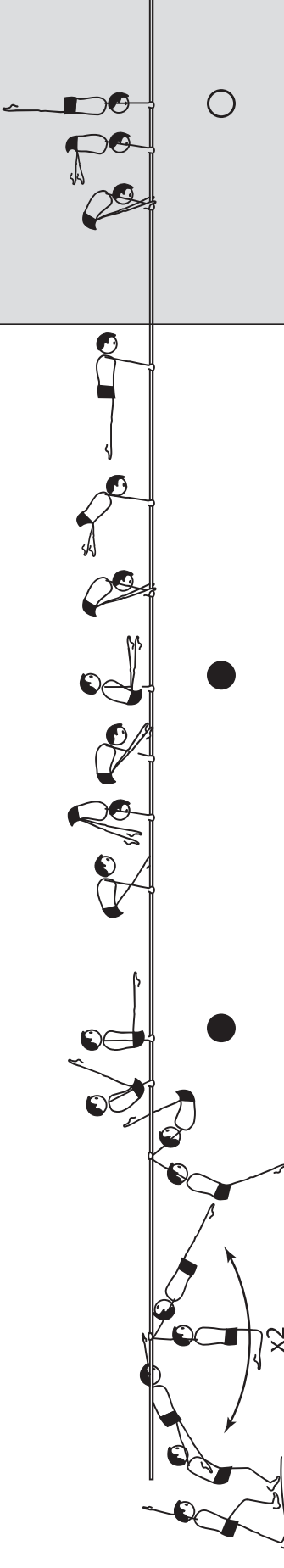
Calculation of the 2-vault combined score is at the discretion of the event organisers

Item	Vault 1	Vault 2
Skill Value	10.0	10.0
Required Skill	Handspring	Salto Forwards Stretched
		
Technical Description	From a maximum 25m run, hurdle to a 2-footed take-off and handspring (using an underarm action) from hands on 60cm mat (or box)* to land on 60cm matting**. * No Vaulting Table ** 60cm Matting = 20cm landing mat + 1x 10cm landing mat & 1x 30cm landing mat OR 2x 30cm landing mats	From a maximum 25m run, hurdle to a 2-footed take-off and salto forwards stretched to land on 60cm matting**. ** 60cm Matting = 20cm landing mat + 1x 10cm landing mat & 1x 30cm landing mat OR 2x 30cm landing mats
Typical Deductions	No under-arm action 0.3 Bent knees (Pre-Flight) 0.1-0.5 Legs apart (Pre-Flight) 0.1-0.5 Bent body (Pre-Flight) 0.1-0.5 Bent arms (Contact phase) 0.1-0.5 Bent knees (Post-Flight) 0.1-0.5 Legs apart (Post-Flight) 0.1-0.5 Bent body (Post-Flight) 0.1-0.5 Lack of height 0.1-0.5 Steps / uncontrolled landing 0.1-0.3 Fall 1.0	No under-arm swing on take-off 0.3 Poor body shape (slight arch is ideal) 0.1-0.5 Lack of height (at peak of flight) - at or below head height 0.1 - at or below shoulder height 0.3 - at or below chest height 0.5 - at or below hip height 1.0 Bent knees 0.1-0.5 Feet not pointed 0.1 Steps / uncontrolled landing 0.1-0.3 Fall 1.0

PARALLEL BARS – LEVEL 5

Two BONUS skills (page 1/2)

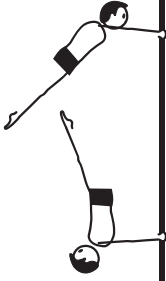
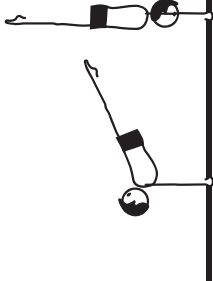
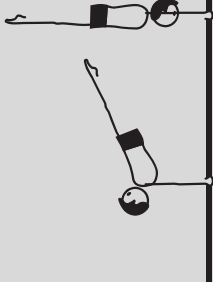
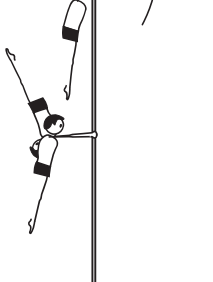
Maximum height of Parallel Bars is 180cm from competition matting

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 4 – BONUS
Skill Value	2.0	1.5	1.5	1.0	+ 0.5
Required Skill	Long Swing x2	Glide Kip to L-Sit (2 Sec)	Press to Straddled L-Sit (2 Sec)	Press Backwards	Press to Handstand
					
Technical Description	From a short run (maximum x3 steps), jump to hang, and swing forwards and backwards x2. <i>NB: No deduction for bent knees through the bottom of the swing</i>	Glide swing forwards with kip to L-sit (hold 2 seconds).	Press through support with straight arms and straight legs to straddled L-sit (hold 2 seconds).	Press backwards through to support above horizontal.	Press to momentary handstand with straight arms.
Typical Deductions	Feet below bar height on front swing 0.1-0.5 Hips below bar height on back swing 0.1-0.5 Excessive pike 0.1-0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1 Legs not horizontal 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1 Legs not horizontal 0.1-0.5 Hold < 2 seconds 0.3 No hold 0.5	Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1 Legs joining below horizontal 0.1-0.5	Momentary handstand not shown 0.3 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Feet not pointed 0.1 Swing action in press 0.1-0.5

Momentary requires the gymnast to stop in the described position but not hold the position

PARALLEL BARS – LEVEL 5

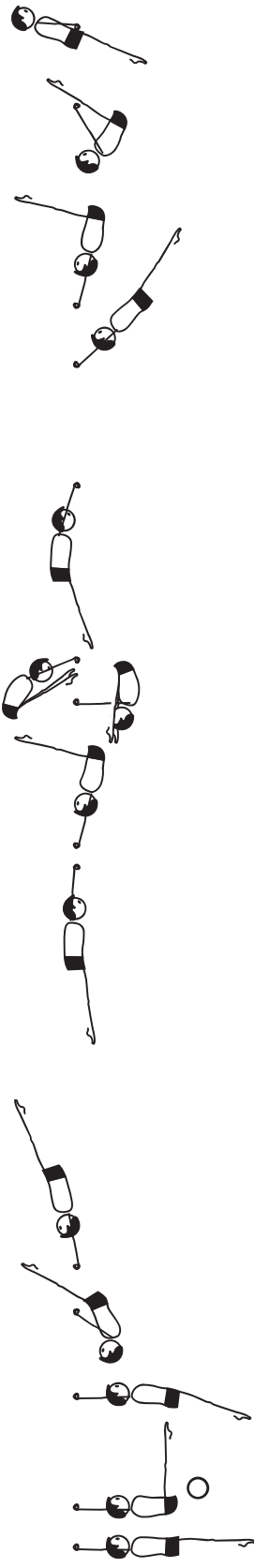
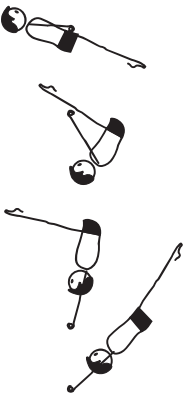
Level 5 cont. (page 2/2)

Item	Skill 5	Skill 6	Skill 6 – BONUS	Skill 7
Skill Value	0.5	1.0	+ 0.5	2.5
Required Skill	Support Swing	Swing to Handstand	Swing to Handstand (2 Sec)	Swing, Bail to Long Swing Forwards, Dismount
Technical Description				
Typical Deductions	Swing forwards to horizontal and backwards to 45° above horizontal.	Swing forwards to horizontal and backwards to momentary handstand.	Swing forwards to horizontal and backwards to handstand (hold 2 seconds) NB: No bonus if handstand is not held for the full 2 seconds.	Swing forwards and backwards (feet above bar height) to bail into long hang swing forwards. Swing backwards to bar height and release the bar to stand. NB: No deduction for bent knees through the bottom of the swing.
Typical Deductions	Front Swings Bent hips 0.1-0.5 Below horizontal 0.1-0.5 Back Swings Excessive arch 0.1-0.5 < 45° above horizontal 0.1-0.5 (44°-30°/29°-15° / < 15°)	Momentary handstand not shown Front Swings Bent hips 0.3 Below horizontal 0.1-0.5 Back Swings Excessive arch 0.1-0.5 < vertical 0.1-0.5 (< 15°/16°-30°/> 30°)	Front Swings Bent hips 0.1-0.5 Below horizontal 0.1-0.5 Back Swings Excessive arch 0.1-0.5	Feet below bar height in support swing 0.1-0.5 Feet below bar height at front of long swing 0.1-0.5 Hips below bar height on back swing 0.1-0.5 Excessive pike in long swing 0.1-0.5

Momentary requires the gymnast to stop in the described position but not hold the position

HORIZONTAL BAR – LEVEL 5

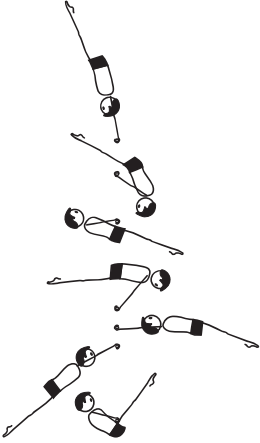
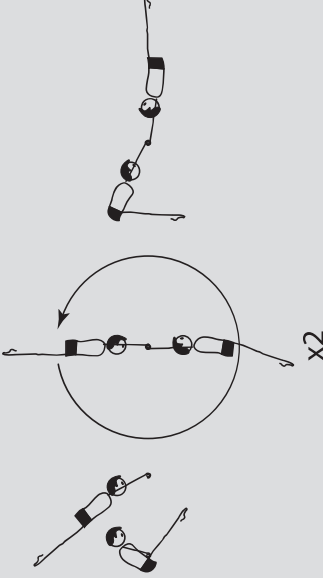
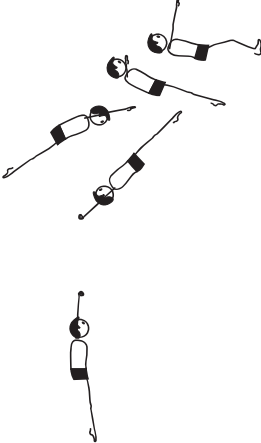
Two BONUS skills (page 1/2)

Item	Skill 1	Skill 2	Skill 3																																
Skill Value	1.0	2.5	1.0																																
Required Skill	L-Hang, Tension Swing, Undershoot	Long Swing, Endo Mount	Kip																																
																																			
Technical Description	From a still hang in top grip, lift legs to momentary L-hang, beat backwards and undershoot forwards.	Swing backwards and forwards through into endo mount and push away to hang.	Glide forwards and kip to support.																																
Typical Deductions	<table><tr><td>Legs apart in lift</td><td>0.3</td></tr><tr><td>Momentary L-hang not shown</td><td>0.3</td></tr><tr><td>Bent knees</td><td>0.1-0.5</td></tr><tr><td>Closed shoulders</td><td>0.1-0.5</td></tr><tr><td>Legs not horizontal</td><td>0.1-0.5</td></tr><tr><td>Poor body tension</td><td>0.1-0.5</td></tr><tr><td>Hips < bar height in undershoot</td><td>0.3</td></tr><tr><td>Feet not pointed</td><td>0.1</td></tr></table>	Legs apart in lift	0.3	Momentary L-hang not shown	0.3	Bent knees	0.1-0.5	Closed shoulders	0.1-0.5	Legs not horizontal	0.1-0.5	Poor body tension	0.1-0.5	Hips < bar height in undershoot	0.3	Feet not pointed	0.1	<table><tr><td>Bent knees</td><td>0.1-0.5</td></tr><tr><td>Bent arms</td><td>0.1-0.5</td></tr><tr><td>Hips below bar height after endo</td><td>0.3</td></tr><tr><td>Feet touch bar</td><td>0.1</td></tr><tr><td>Legs not together before downward swing after endo</td><td>0.3</td></tr></table>	Bent knees	0.1-0.5	Bent arms	0.1-0.5	Hips below bar height after endo	0.3	Feet touch bar	0.1	Legs not together before downward swing after endo	0.3	<table><tr><td colspan="2">NB: No deduction for pause after kip</td></tr><tr><td>Bent knees</td><td>0.1-0.5</td></tr><tr><td>Bent arms</td><td>0.1-0.5</td></tr></table>	NB: No deduction for pause after kip		Bent knees	0.1-0.5	Bent arms	0.1-0.5
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Momentary requires the gymnast to stop in the described position but not hold the position

HORIZONTAL BAR – LEVEL 5

Level 5 cont. (page 2/2)

Item	Skill 4	Skill 4 – BONUS	Skill 5
Skill Value	3.5	+ 1.0	2.0
Required Skill	Cast, ¾ Giant Swing to Undershoot	Cast, Backward Giant x2*, Kill Swing	Swing Backwards, Salto Backwards Stretched Dismount
Technical Description	 Cast to 45° above horizontal. Swing forwards to ¾ giant swing through support to immediate undershoot forwards.	 Cast to 45° above horizontal. Giant swing backwards x2 (minimum). Pike down into swing forwards.	 Swing backwards to horizontal and swing forwards into salto backwards stretched dismount to stand.
Typical Deductions	Cast < 45° above horizontal (44°-30°/29°-15°/< 15°) Bent knees 0.1-0.5 Bent arms 0.1-0.5 Legs apart 0.1-0.5 Poor body shape 0.1-0.5 Lack of rhythm 0.1-0.3 Hips < bar height in undershoot 0.3	Cast < 45° above horizontal (44°-30°/29°-15°/< 15°) 0.1-0.5 Bent knees 0.1-0.5 Bent arms 0.1-0.5 Legs apart 0.1-0.5 Poor body shape 0.1-0.5	Back Swing 0.1-0.5 Hips below horizontal (1°-15°/16°-30°/> 30°) Dismount 0.1-0.5 Lack of height (hips below bar) 0.1-0.5 Poor body position 0.1 Feet not pointed 0.1-0.3 Steps / uncontrolled landing 1.0 Fall

* No D-Jury deductions for additional giant swings; E-Jury deductions still apply